

Fran Ray  
275 Country Rd.  
Fairfield, CT 06824

March 15, 2013

*Public Health*  
Planning and Development Committee  
Legislative Office Building  
300 Capitol Avenue, Room 2100  
Hartford, CT 06106

**Re: HB6243: AN ACT MAKING A TECHNICAL CHANGE TO THE STATUTE CONCERNING ADVERTISING BY MASSAGE THERAPISTS** To make a technical change to section 20-206g of the general statutes by deleting the references to "Thai yoga"

Dear Sir / Madam

I am a massage therapist for 22 years. I am specialized in Thai Massage for 16 years, and am licensed in Connecticut and New York. I am also a Certified Yoga Instructor for 10 years.

**For the sake of public safety, please do not delete the references to "Thai Yoga."**

We need to consider what is being requested by deleting "Thai Yoga" from the General Statutes. Is the Yoga community requesting to be able to do a style of yoga called "Thai Yoga?" Because if that is what they are asking, then I agree they should have that.

The Yoga community is petitioning to delete "Thai Yoga" from the General Statutes because they want to use the the name "Thai Yoga" to perform Thai Massage. Deleting "Thai Yoga" from the General Statutes will open a backdoor for the Yoga community to continue practicing Thai Massage under the guise of Yoga

Yoga is a solo practice. All styles of Yoga are actively performed by the participant. The participant of Yoga actively performs postures on their own, without assistance. Guidance is given to the participant from a Yoga Instructor.

Thai Yoga is always Thai Massage at these studios. Deleting "Thai Yoga" is going to do more than open this loophole, it is going to blast it open for these Yoga Instructors to perform Thai Massage without a massage license. We have the Yoga teachers right here, without proper training, already performing Thai Massage/Thai Yoga on the public. You will see this in the enclosures.

I guarantee that if you go to a Yoga center and request Thai Yoga, you will not be having a Yoga class. You will not be instructed on how to correctly position yourself in the various postures. You will find yourself lying passive on a mat in a private room, and the practitioner will move your body in a systematic and scientific manipulation and treatment of the soft tissues of the body, by use of pressure, friction, stroking, percussion, kneading, vibration by manual or mechanical means, range of motion and nonspecific stretching."

Public Act No. 07-35, Section (d) states: "'Massage therapy" means the systematic and scientific manipulation and treatment of the soft tissues of the body, by use of pressure, friction, stroking, percussion, kneading, vibration by manual or mechanical means, range of motion and nonspecific stretching."

A massage license assures the public a Massage Therapist has a standardized level of education and proves proficiency by passing state examination. Thereafter, a licensed massage therapist is held to a certain standard of continuing education to maintain their licensure.

Yoga Certification has no standardized level of education. There is no proving of one's proficiency by examination. Yoga Instructors have no training in touch sensitivity, the most rudimentary overview of anatomy. No training in pathologies or physiology. They are trained in Yoga, not in massage therapy.

I have in the enclosures a Yoga/Thai Massage studio in Minnessota, showing Thai Yoga as one of the various names of Thai Massage. You will also see in the enclosures of descriptions (from Yoga studios) of Thai Yoga as being a hands on therapy.

Included in the enclosures is a Yoga studio in Fairfield, CT, Yoga For Everybody. The owner, Evelyne Serais, has been doing Thai Massage for several years as an unlicensed person. When she opened her studio a few years ago she hired other unlicensed persons who are Yoga instructors, to perform Thai Massage on the public. You will see that she is also beginning to lead workshops in Thai Yoga. So now you are having unlicensed people in Fairfield, CT instructing the general public in Thai Yoga Massage. The next step is they will certify people as a Thai Massage/Thai Yoga Practitioner.

If you decide to delete "Thai Yoga" from the General Statutes, you will bust open an enormous black hole. The Yoga community is going to start doing "Thai Yoga" massage on the general public with as little as 30 hours of training, and minimal knowledge of the deeper aspects of the human body.

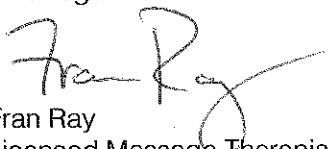
The Yoga community is not being honest about what "Thai Yoga" is, and why the name "Thai Yoga" means so much to them.

"Thai Yoga" is not Yoga. "Thai Yoga" is Thai Massage.

A massage license is required in Connecticut to perform massage on the public for pay. Please, inform these Yoga instructors who want to perform "Thai Yoga," they need a massage license.

I thank you for your time, and your consideration.

Kind regards

A handwritten signature in black ink, appearing to read "Fran Ray", with a stylized flourish extending from the end.

Fran Ray  
Licensed Massage Therapist  
CT License #2446

enclosures

## Enclosures:

- 1A Thai Yoga Bodywork Studio in Minnesota, show various names of Thai Massage, including Thai Yoga
- 1B Different names of Thai Massage, from Ananda Apfelbaum's Thai Massage Sacred Bodywork website

### Yoga For Everybody, Fairfield CT

- 2A Advert for *Thai Yoga Therapy* with a photo showing a hands-on therapy (Thai Massage)
- 2B Advert for *Thai Yoga*. Jeanine, Evelyne, Robert and Greg are unlicensed
- 2C Bio: Greg Barringer. Unlicensed, practicing Thai Yoga Bodywork
- 2D Bio: Jeanine Oburchay. Unlicensed, practicing Assisted Yoga  
Bio: Robert Ortnier. Unlicensed, practicing Thai Yoga Bodywork
- 2E Bio: Evelyne Serais, Owner of *Yoga For Everybody*. Unlicensed, practicing Traditional Thai Yoga
- 2F Thai Yoga Therapy Workshop. Photo of Evelyne performing Thai Massage. Workshop taught by Evelyne, Jeanine, Robert, and Greg - all are unlicensed

### Kaia Yoga, Westport, CT

- 3A Advert describing *Assisted Yoga* as a hands-on therapy. Photo is of Kam Thye Chow, a Thai Massage Instructor for Montreal, performing a move from Thai Massage
- 3B Bio: Gina Norman. Unlicensed, practicing Thai Yoga  
Bio: Elizabeth Crisci. Unlicensed, practicing Thai Yoga

### Elements Yoga, Darien, CT

- 4A Bio: Jeanine Oburchay. Unlicensed, practicing Thai Yoga Bodywork

### Blackbird Yoga, Georgetown, CT

- 5A Advert for Assisted Yoga: A dynamic combination of myofascial stretching, joint mobilizaion..... *These are massage techniques!*  
Jeanine Oburchay is the practitioner of these massage techniques, disguised as Yoga. She is unlicensed.

tanya@thaiyogabodywork.com



Start your progress to becoming an RTT (Registered Therapeutic Technician)

Level 4: Aug 25-28 | Level 5: May 15-18 | Level 6: Aug 21-24

[illegible]

**THE**

Co

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Thai Yoga Bodywork - also known as Thai Massage or Thai Yoga  
Thai Massage Training - Group or Private Instruction  
Yoga Classes - Vinyasa Flow, Ashtanga, Prenatal classes & privates  
Energy Work - Healing Touch, Reiki, Chakra Balancing, & Seichem

- Tanya's Yoga Classes
- Schedule a private yoga session

Or visit our yoga studio website:  
[www.devanadivoga.com](http://www.devanadivoga.com)

**To Gain Your EBT Registered Therapist Status with THA & NCBTJ-AS**



Created and maintained by: Wayne Bokemann Sowade, RTT, R-RYT  
 2020-01-01 to 2020-01-01

**+Advanced Training for RTTs and TYB grads!**  
All courses are THAI and NCBTMB approved

**Intro:** Sun. April 14, 3-4pm

**Level 1: Pages 7-10**

**Level 2:** Mar 13-15

**Level 3: May 19-22**

**Level 4:** Aug 25-28

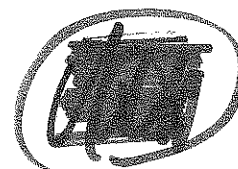
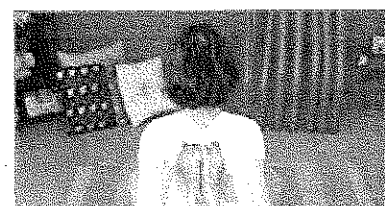
Level 5: May 15-22

**Level 6 Advanced:** Aug 21-24

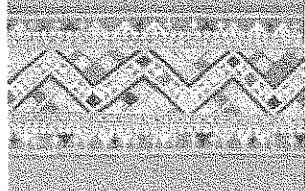
- Free Intro to Yoga
- Free Intro to Meditation
- Ashtanga Primary Series
- Ashtanga Second Series
- The Rocket 2 Workshop
- Monthly Restorative Workshops
- How to Create Your Home Yoga Practice
- Intro to Thai Yoga Bodywork
- Meditation of the Month
- Marketing Your Yoga/Wellness Business 101

Spring Program starts March 15  
Summer Program starts July 8  
Fall Programs start Sept 26

Spring Program starts April 26  
Fall Programs start Sept 11



## Thai Massage Sacred Bodywork



## INTRODUCTION

## Frequently Asked Questions

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[Thai Massage](#)  
[Ananda Apfelbaum](#)  
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[Book](#)  
[Video](#)  
[Sessions](#)  
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**1. What do I need in order to practice Thai Massage professionally?**

In order to practice Thai Massage professionally, you need a massage license from whatever state you will be working in. To get a massage license you need to go to massage school and then pass the licensing exam of the state you will be practicing in. Certification does not fulfill the need for a massage license. Certification is an extra credential to enhance your work as a licensed massage therapist, yoga teacher, pilates instructor, personal trainer, etc.

**2. What is the difference between Thai Massage, Thai Yoga Massage, Traditional Thai Yoga Massage, Nuad Boran, Thai Yoga Therapy, Thai Yoga Bodywork, etc?**

There is no difference - these are all different names for the same form of bodywork.

**3. What does certification mean?**

Certification shows the number of hours, the level of training and the name of the place that trained you. Legally speaking, a practitioner needs a massage license in order to practice. There is no national certification board just for Thai Massage.

**4. I am a yoga teacher. After the training, can I say that I am a Thai yoga therapist and practice that way?**

Many yoga teachers say they are Thai yoga therapists, but since Thai massage really is a massage modality, you need a massage license in order to legally practice all aspects of Thai massage. If, however, you only perform the Thai stretches and delete the rest of the Thai massage techniques, such as the acupressure and reflexology, then the Thai yoga stretches will be fine for you to do as a yoga teacher.

Thai Massage  
Sacred Bodywork

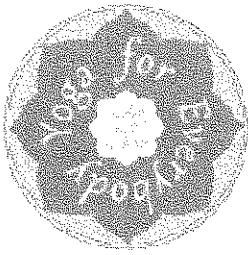
PO Box 231532  
New York, NY 10023  
[ananda@thaimassageSacredbodywork.com](mailto:ananda@thaimassageSacredbodywork.com)

**TIME**  
**It's a Stretch!**

Thai massage is getting more patients off the table.

August 30, 2004 TIME article featuring Ananda doing Thai massage.

1.B



#### Contact Information

27 Unquowa Road  
Fairfield, CT 06824

Phone: 203-254-YOGA (9642)

Email: [info@yoga4everybody.net](mailto:info@yoga4everybody.net)

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Thai Yoga Therapy is now Available at Y4E! Purchase  
Call the studio to book your appointment.

~Welcome

One Month of unlimited yoga for \$30 (new yoga students only)

Like

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\$108.00/month - cancellation must be given in writing 30 days prior to next billing cycle

Class Cards and Unlimited Classes include all Level 1, Level 2, Level 1 & 2, Vinyasa Flow, Power, Viniyoga, Intro to yoga and Gentle.

Gift Certificates are also available for holidays, special occasions, and celebrations.

**\*Students (full time high school and full time undergrad college) are half price for classes!**

(\* does not apply for special classes, offers or workshops)

## Separate Classes and Fees

see Workshops page

Check the page before coming to a workshop for any cancellations or changes.

Thai Yoga 90 minutes for \$150  
Practitioners are: Jeanine Oburchay, Patrick Casey, Evelynne Serais, Robert Ortner & Greg Barringer

**Private sessions** are available, either at Yoga for Everybody or in the privacy of your home. Sessions range from \$100-150.

\* Gift certificates are also available for special occasions and celebrations.

\* Consider having a yoga party at your home or at Yoga for Everybody.

## POLICIES

### SALES:

Please note that **all sales are final**; there are no refunds for classes, workshops or special events. Exceptions will be considered for

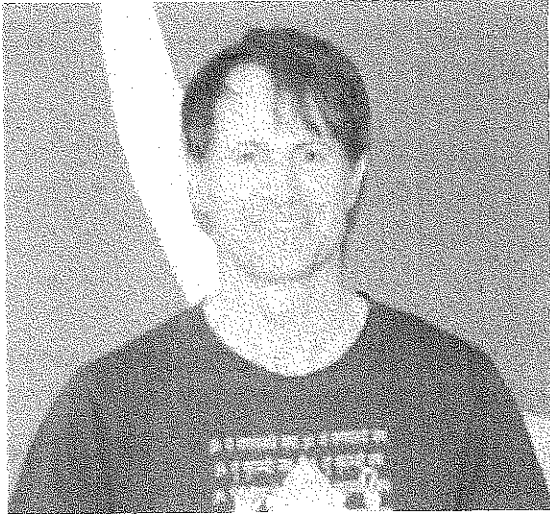
special situations such as medical emergencies. In this situation a 15% processing fee will still be retained.

Please call within 2 weeks of your last class to discuss the situation (good for a credit only).

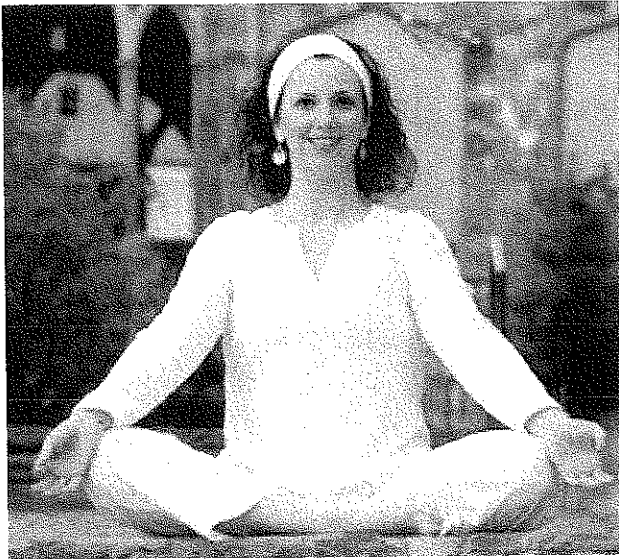
Once your class session expiration date has arrived, those classes are no longer valid. **Class**



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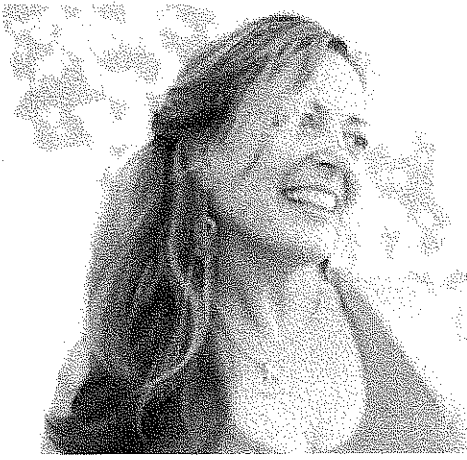
**Greg Barringer, RYT** is a certified yoga teacher with advanced studies in the lineage of Swami Shri Kripalvanandji. Recently he has begun studying and practicing Thai Yoga Bodywork. His practice and teaching focuses on the exploration of energy to remove the blocks to becoming our true self.



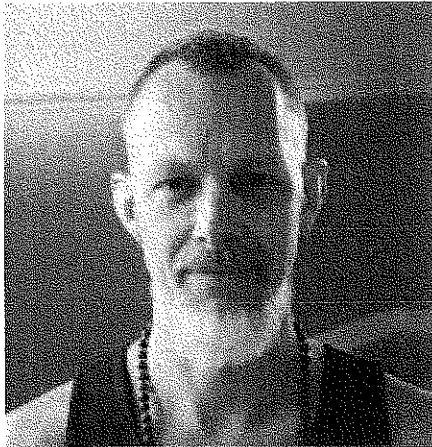
**Mary Green, RYT** is a certified Kundalini yoga and meditation teacher, trained by Gurmukh Kaur Khalsa in Rishikesh, India. Mary discovered Kundalini over a decade ago, blissing out to Gurmukh's prenatal videos. She believes in this yoga's transformative power—you can see the world through new eyes from your very first experience. Her goal is to help people of all ages and abilities to open hearts, strengthen bodies and minds, and experience the joy of reaching for the highest self. She is also an investment professional, writer, corporate stress management advocate and a mother to three boys. Reach her at [marygreenyoga@gmail.com](mailto:marygreenyoga@gmail.com)

2C





**Jeanine Oburchay is an ERYT-200/RYT-500** hatha yoga instructor certified through Yoga Alliance. Jeanine's classes combine a playful flow with detailed alignment cues. In addition to teaching yoga, Jeanine is a Reiki Master and a practitioner of Assisted Yoga. Jeanine also coaches springboard diving at two local high schools, a country club, and a USA Diving age group team. You can find out more about Jeanine at [www.jeanineoburchay.com](http://www.jeanineoburchay.com).



**Robert Ortner, E-RYT-500** Robert's approach to the art of yoga begins with the phrase "We are our own best teachers". One does not just do yoga, one becomes yoga: it is a lifelong journey that anyone can make.

Robert is a Certified Yoga Teacher at both the 200 & 500 hour levels with Don and Amba Stapleton from the Nosara Institute, Yoga therapy training with Nischala Joy Devi, Integrative Yoga Therapist training with Joseph Le Page, Thai Yoga Bodywork certification with Jonas Westring.

Robert has worked with and coached many individuals with a wide range of health issues which, in turn, has led to a pursuit of different yoga therapies and a strong belief in stress relief, breath work, meditation, and energy healing. Learn more about Robert visit [www.xl-12.com](http://www.xl-12.com)

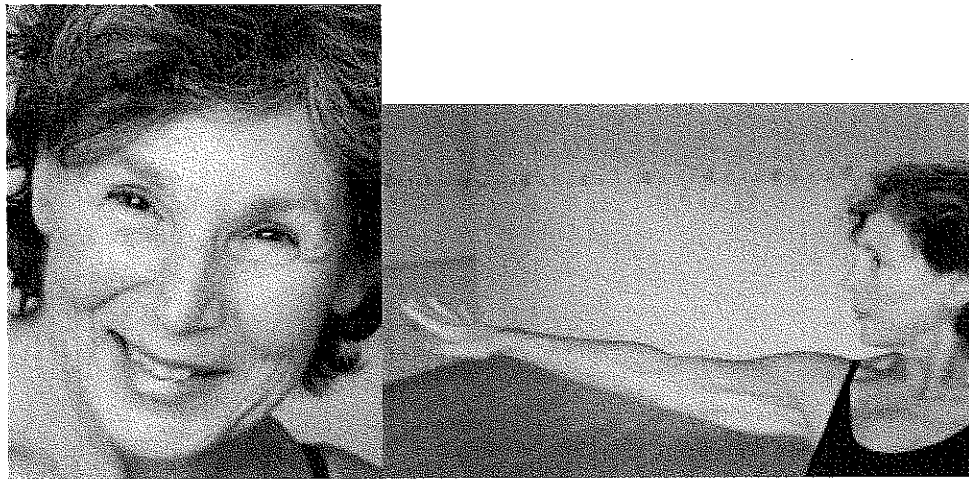
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## ~The Teachers~

All of our teachers are certified, and most of them are registered with the Yoga Alliance (RYT), a national organization that provides support to and maintains minimum standards for the education of yoga teachers. In order to qualify to be registered with the Yoga Alliance, a teacher must have a minimum of 200 hours of study, including teaching, special modifications in yoga postures for special needs, anatomy, philosophy and history of yoga.

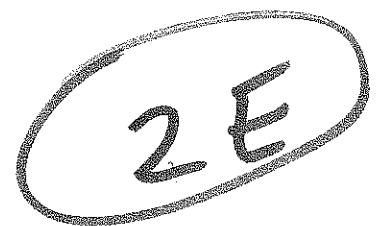


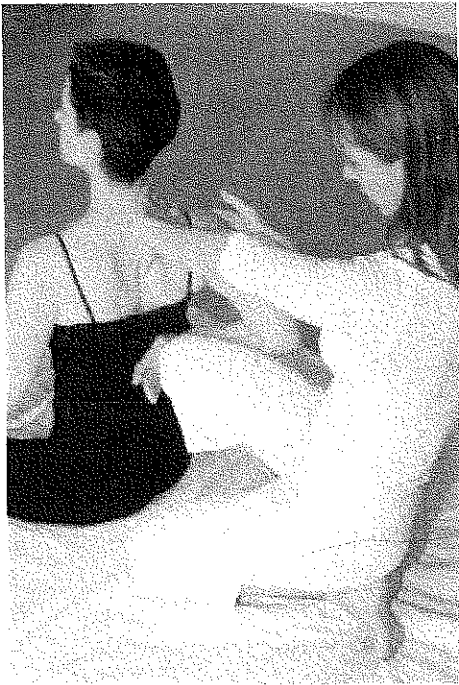
**Evelyne Serais, E-RYT** (owner of Y4E) is a certified Kripalu yoga teacher, with 500 hour Certified advanced teacher training from the Amrit yoga institute where she also studied the "forgotten art" of Yoga Nidra. She completed her Kundalini teacher training in 2010 with Gurmukh Kaur Khalsa. She is also a certified Traditional Thai Yoga body worker, practicing since 2004 and continuing that exploration by studying that healing art with diverse teachers from around the world.



**Marleen Salko, RYT-500** has studied and taught in the health and fitness field for over 22 years. She is certified in Advanced Kripalu Yoga from the Kripalu Center for Yoga and Health.

Marleen was the founder and owner of Marleen's Yoga Center in Southport and Westport, which merged with Yoga for Everybody in May 2005.





### **Thai Yoga Therapy Workshop**

**Saturday, June 18**

**2:30-5:00pm**

**with Jeanine, Evelyne, Robert, Greg & Patrick**

**\$40 if paid by 6/11, \$50 thereafter**

**BUY NOW**

Thai Yoga Therapy is a combination of massage techniques, therapeutic manipulations like yoga stretches, energy work, acupressure and joint mobilization all coming together to create an energy balancing and opening experience. It is sometimes called "Lazy Yoga" because the receiver gets the same benefits as yoga without doing anything. Thai Yoga Therapy, also referred to as Thai Bodywork, is done on the floor on a thick mat, dressed in yoga clothes and preferably on an empty stomach.

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[private yoga](#)

[← back to spa treatments and offerings](#)

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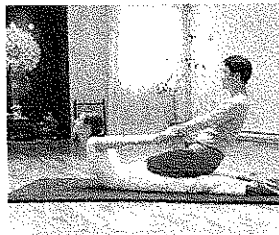
[BOOK NOW](#)



### yoga therapy

60 min \$100, 90 min \$150

Yoga comprises a wide range of mind/body practices, from postural and breathing exercises to deep relaxation and meditation. Yoga therapy tailors these to the health needs of the individual. It helps to promote all-around positive health, as well as assisting particular medical conditions. This therapy is particularly appropriate for many chronic conditions that persist despite conventional medical treatment.



### assisted hatha yoga

90 min \$175, 120 min \$225

Performed on a floor mat, wearing loose, comfortable clothes. It incorporates tai chi moves, rhythmic motion, gentle stretching and the conscious use of breath. During a session, the practitioner pays careful attention to the recipient's level of flexibility and breath as they gently move the individual into different poses. Each pose is designed to open up the body and allow energy to flow freely along the sen lines. This "opening" increases joint mobility and flexibility, improves circulation, tonifies organs, and relieves muscular and emotional tension.

#### WESTPORT

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 Westport, CT 06880  
*behind Crate & Barrel*

Phone: 203.532.0660 (*ext. 1 for Greenwich, ext. 2 is for Westport*)  
 Fax: 203.557.4422 (*Westport*) 203-532-0661 (*Greenwich*)

#### GREENWICH

328 Pemberwick Road  
 Greenwich, CT 06831  
*at the Mill*

#### GREENWICH WATERCLUB

49 River Road  
 Cos Cob, CT 06807  
*at the Greenwich Water Club*



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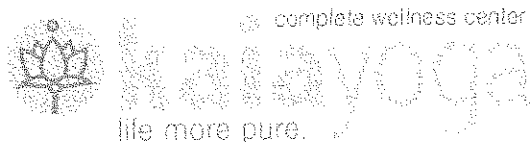
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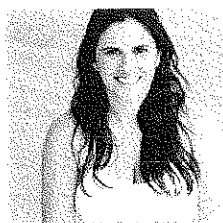
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class schedule

spastaff

back to spa treatments and offerings



gina norman

Gina Norman is the owner of Kaia Yoga in Greenwich and Westport, CT with her husband Stan. She holds teacher training certificates from Beyoga (currently YogaWorks) and Om Yoga Center. Gina is the Director of Teacher Training Programs at Kaia Yoga and has been featured in Fitness, Parent, Organic Spa, Yoga Journal, Woman's Entrepreneurs, Mothering and Hampton's Magazines. Her fascination with mind-body work and its essential connection to overall health and happiness led her to study Thai Yoga in Thailand, Vipassana meditation in India and Buddhist studies in the Shambhala tradition along with Cranial Sacral Therapy through the Upledger Institute. Her vision as director of Kaia Yoga was to develop a wide variety of programming to support not only practitioners through yoga but to build a community where people from all walks of life can come for educational trainings, community and nourishment of their body and mind.



alyssa crouse

Alyssa is a Licensed Massage Therapist and Certified Aromatherapist. Her unique East-meets-West massage combines Swedish, myofascial, and athletic massage, with acupressure, chakra balancing, polarity therapy, and aromatherapy. Her sessions are focused on the therapeutic applications of massage as determined by each individual's needs. An avid yoga practitioner for 11 years, Alyssa is particularly attuned to the proper alignment of muscles and joints in the body for optimal health. Alyssa is passionate about education and is currently a teacher's assistant at the Connecticut Center for Massage Therapy, where she herself was trained.



elizabeth crisci

Elizabeth completed her first 200 and 300 HR teacher trainings in 2006 and 2007. She has continued her study including: Thai Yoga, Restorative and Yin Yoga, Therapeutic Yoga. Elizabeth's teaching is informed by her extensive education, her love of philosophy, and her understanding of the mind-body connection. Elizabeth began practicing yoga as a child after suffering a gymnastics injury. During her early years as a teacher she found a passion for anatomy and transformation which has led her to attain a Prenatal Certification and further study anatomy. Her fascination and connection with the human form is present in her classes, as well as her light-hearted approach. Elizabeth encourages beginners as well as advanced students to safely and joyfully approach their edge each and every time they come to their mat.



joy carbino

Joy Carbino is a Licensed Massage Therapist, Certified Holistic Health Coach, and Reiki Master/Teacher. Her accreditations include being a member of the American Massage Therapy Association, as well as certification through the National Certification Board for Therapeutic Massage and Bodywork, and a graduate of the Institute for Integrated Nutrition based in Manhattan. Joy is committed to bringing you better health and lifestyle solutions through guidance in the timeless principles of holistic health and wellness care.



kathrine abelson

Kathrine is a licensed massage therapist who graduated from the Finger Lakes School of Massage in Mount Kisco, NY where she received certification in Massage Therapy and Hydrotherapy. She practices an integrated style of massage incorporating different techniques into one session such as Swedish, myofascial release therapy, neuromuscular therapy, acupressure, energy palpation and reflexology, providing a deeply healing and holistic experience.

## Blackbird Yoga

Blackbird Yoga is a yoga studio located in Georgetown, CT offering classes for beginners, intermediate and advanced yogis.

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# Restore and Relax

**Classic Massage** \$100 : 60 min. | \$120 : 75 min. | \$130 : 90 min.

**Reflexology** – a therapy in which the feet alone are worked causing deep relaxation; stimulated points indirectly affect organs and tissues through energetic pathways; clears congestion, reduces anxiety and begins the inner healing process.

**Deep Tissue** - relieves severe tension in muscles and connective tissues.

**Swedish Massage** - long, flowing strokes promote circulation and relaxation.

**Prenatal Massage** – geared toward the pregnant body; relieves stress, improves sleep, regulates hormones, reduces swelling, decreases nerve pain and lessens back pain, helps to prepare the body for birth

**Assisted Yoga** \$125 : 75 min.

A dynamic combination of myofascial stretching, joint mobilization, energy balancing, assisted yoga asana and meditation.

**Acupuncture** \$85 per session

The best-known of the Traditional Chinese Medicine (TCM) treatments, acupuncture involves the insertion of sterile, single-use needles into the skin at specific points on the body based on a Chinese medicine diagnosis. These needles activate and move the body's vital life force energy, or qi (pronounced "chee"), to

5A



### Samantha

Samantha...

### Heather

### Maria

### Jeanine ~ Thai Yoga Bodywork



Jeanine began training in Thai Yoga Bodywork in 2006, and since then has studied at the Lotus Palm School of Thai Yoga Bodywork where she obtained her certification. She continues to study regularly with teachers from the Lotus Palm School. Jeanine is also an Anusara Inspired yoga teacher, and loves how the art of Thai Yoga Bodywork dovetails with her personal yoga practice. She also loves how regular Thai Bodywork can enhance anyone's yoga practice, or even bring suppleness to the muscles

for people who haven't yet tried yoga.

Jeanine provides an experience for each client that brings harmony and balance back into the body by eliminating constitutional imbalances caused by stress, diet or environmental issues, and by directing energies within the body so that the life force can flow more freely. Her practice also feeds the spirit of each client, as she infuses every part of the treatment with the intention of metta, or loving kindness. Just getting your body moving, stretching, and massaged can help mobility, focus, and general well-being — even if you've never practiced yoga or done any stretching before.

### Rita ~ Massage and Thai Yoga Bodywork

Rita is a graduate of the Connecticut Center for Massage Therapy, a

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